



MENTAL HEALTH AMONG HIGHER SECONDARY STUDENTS

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ABSTRACT

This study aims to study the mental health among higher secondary student. The main objectives are to find out the level and significant difference based on gender, medium instruction, types of management. The hypothesis was that there may be significance of difference in mental health among higher secondary student based on gender, medium instruction, types of management, of higher secondary school students. Samples of 300 higher secondary students were selected for this study in vellore district. The tool used was Mental health inventory prepared and standardized by Droved and Augustine.

Introduction

Education is a process of development from birth to death. It is widely accepted that the process of education begins at birth and continues throughout life. Some believe that education begins even earlier than this, as evidenced by some parents playing music or reading to the baby in the womb in the hope it will influence the child's development.

The word 'Education' is often used to refer solely to formal education. However, it covers a range of experiences, from formal learning to the building of understanding through day-to-day experiences. Ultimately, all that we experience serves as a form of education.

The main aim of education is to develop harmonious personality of the learner. Education is considered to be the most significant agent of basic change in the status of a human being besides occupation and economic status.

Education will give to the individual a strong and healthy body, helps him in building up his character and attain self-mastery and supply him with good opportunities of discovering and developing harmoniously his natural abilities.

Initially, the education commission [1964-1966] observed that education must serve as a powerful instrument of social, economic and cultural transformation necessary for the realization of the national goals.

The Concept of Mental Health

The person, who acts intentionally, has a sense of capability. He can generate alternative behaviors in a given situation and approach a problem from different vantage points. The intentional and fully functioning individual is not bound to one course of action; but responds in a moment of changing life situations and look forward to long-term goals.

Man in the world today faces difficulty to maintain a good balanced mental health because of rapid neutralization and sophistication of the modern social system. Thus, an individual often fails to maintain a balance between himself and his social environment. Mental health means the balanced and integrated development of personality. It is a science that deals with human relationships.

Until the 1950s, the mental health professionals viewed that concept of mental health in successful living, which is equivalent to absence of stress, related body illness, unimpaired adjective functioning behaviorally normally and subjective comfort. A person is said to have a good mental health when he succeeds to maintain harmonious relationship between himself and his environment.

Objectives of the study

This study aims to find the level of mental health among higher secondary student. Further, it aims to see the significance of difference of mental health among higher secondary student based on levels, gender, types of school, medium instruction, types of management, of higher secondary students.

Hypothesis of the study

There may be significance of difference in mental health among higher secondary student. Further, it aims to see the significance of difference of mental health among higher secondary student based on levels, gender, types of school, medium instruction, types of management, of higher secondary students.

Sample of the study

A sample of 300 higher secondary students was taken from Vellore district in Tamilnadu. Random sampling technique was used.

Tools used for the study

By this the investigator means the scores obtained from the mental health Index standardized by Droved and Augustine.

Table-1
Showing the levels of Mental Health of Higher Secondary Students

Variable	Levels	N	Percentage
Mental Health	Low	93	31.0
	Moderate	131	43.7
	High	76	25.3

From the above table it is observed that the higher secondary students have moderate level of Mental Health. Hence the null hypothesis is accepted.

Table-2
Showing the Mean, S.D and C.R value for Mental Health of Higher Secondary Students based on gender

Variable	Gender	N	Mean	Std. deviation	C.R value	L.O.S
Mental Health	Boys	150	38.55	6.385	2.160	0.05
	Girls	150	36.76	7.865		

From the above table it is observed that there is significant difference in the Mental Health of higher secondary students where the boys have more Mental Health than the Girls. Hence the null hypothesis is rejected.

Table-3
ANOVA for Mental Health of Higher Secondary Students based on type of management

Variables	Source of Variance	Sum of squares	Df	Mean Square	F Ratio	L.O.S
Mental Health	Between Groups	360.987	2	180.493	3.533	0.05
	Within groups	15170.960	297	51.081		
	Total	15531.947	299			

From the above table it is observed that there is significant difference in the Mental Health of higher secondary students based on the type of management. So, further analysis is done and presented in the following table.

Table-3 (a)
Showing the Mean, S.D and C.R value for Mental Health of Higher Secondary Students based on type of management

Variable	Type of management	N	Mean	Std. deviation	C.R value	L.O.S
Mental Health	Government	100	36.58	8.228	2.566	0.05
	Government Aided	100	39.16	5.777		
	Government	100	36.58	8.228	0.585	N.S
	Private	100	37.22	7.223		
	Government Aided	100	39.16	5.777	2.098	0.05
	Private	100	37.22	7.223		

The above table reveals that the students from Govt.Aided schools have difference in their Mental Health with the students from Government and private schools. Hence the null hypothesis is rejected.

port legally mandated mental health treatment? "Social work Research" V29 n2 p.87., Jan 2005.

Table-4
Showing the Mean, S.D and C.R value for Mental Health of Higher Secondary Students based on medium of instruction

Variable	Medium of Instruction	N	Mean	Std. deviation	C.R value	L.O.S
Mental Health	Tamil	200	37.87	7.208	0.736	N.S
	English	100	37.22	7.223		

From the above table it is observed that there exists no significant difference in the Mental Health of higher secondary students based on medium of instruction. Hence the null hypothesis is accepted.

Finding of the study

1. The higher secondary students have moderate level of Mental Health and Personality.
2. There is significant difference in the Mental Health of higher secondary students where the boys have more Mental Health than the Girls.
3. There is significant difference in the Mental Health of higher secondary students based on the type of management.
4. The students from Govt.Aided schools have difference in their Mental Health with the students from Government and private schools.
5. There exists no significant difference in the Mental Health of higher secondary students based on medium of instruction.

Educational Implication

- The development of psychological aspects like Mental Health in higher secondary students is very crucial for the formation of various skills and concepts. The adolescents at this stage usually imitate and tend to be alone and take somebody as their role model.
- Therefore, school and family institutions must assist students in managing their Mental Health related problems through counseling, relaxation and behavioral techniques.
- Selected preventive activities can be proposed at higher secondary schools on targeted students with behavioral problems.
- Specialized intervention tailored to make students constructively is suggested in order to improve student's Mental Health.
- School should plan some orientation programme to create awareness about these concepts among the students, teachers and parents too.

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